

Latest research shows that Chinese herbal medicine can increase the clinical effectiveness of some pain relief medicines such as NSAIDs, whilst having an increased protective effect on gastric lining.

A selection of Chinese herbal medicine is proved to be effective in relieving inflammatory reactions by inhibiting inflammatory factors such as IL-1 and TNF- $\alpha$ , upregulating the expression of PGE2/COX2 to strengthen the protective and self-healing functions of gastric mucosa, thereby enhancing the clinical cure rate and lowering the recurrence rate of NDGU. This study can provide a therapy protocol for long-term Aspirin-applied NSAIDs.

[\[HTML\] The curative effect of modified Wuqi decoction against non-steroidal antiinflammatory drugs-induced gastric ulcer by regulating the pathway of COX2/PGE2](#)

Quercetin herb regulates the balance of gastric cell proliferation and apoptosis to protect against gastritis.

Quercetin protects against gastric inflammation and apoptosis associated with H. pylori infection

[\[HTML\] Quercetin from Polygonum capitatum Protects against Gastric Inflammation and Apoptosis Associated with Helicobacter pylori Infection by Affecting the Levels of ...](#)

trial measures how many acupuncture sessions benefit chronic back pain.

Participants with chronic low back pain **avored the 10-session acupuncture** group at 12 weeks post randomization. Over 90% of participants indicated that they were “very satisfied” and/or “extremely satisfied” with the acupuncture treatment.

## **Acupuncture for chronic low back pain: a randomized controlled feasibility trial comparing treatment session numbers**

[Acupuncture for chronic low back pain: a randomized controlled feasibility trial comparing \*\*treatment\*\* session numbers](#)

Celastrus orbiculatus is a woody vine of the Celastraceae family. It is commonly called Oriental bittersweet has not only has significant antiproliferative effects but also has both in vivo and in vitro apoptotic effects. In addition, COE altered the structure and function of the mitochondria, which is another potential pathway for the antitumor activity.

[Anticancer efficacy of the ethyl acetate extract from the traditional Chinese medicine herb Celastrus orbiculatus against human gastric cancer](#)

Turmeric helps knee osteoarthritis trials compare effectiveness with ibuprofen

Seven studies with a total of 797 participants with primarily knee osteoarthritis. There were significantly fewer effects on pain relief, knee stiffness and physical function with Turmeric compared with ibuprofen. With significant reductions in the use of rescue medication were also observed with curcuminoids. No serious adverse events were reported.

[Effectiveness of curcuminoids in the treatment of knee osteoarthritis: a systematic review and meta- analysis of randomized clinical trials](#)